

Resources to Address Holiday Blues

For most of us the Holiday Season is greeted with joyful anticipation of warm family gatherings, happy memories and magical moments. But others may face this time of year with gloom, disappointment and loss. When life does not match good memories or our hopes and fantasies, it can be a lonely and unhappy time.

The City of Fairfax Commission for Women suggests that we pay attention to those around us and take a moment to reach out if we see someone suffering. Sometimes all it takes is a friendly smile or a kind word. City residents who have concerns about mental health may contact the Fairfax-Falls Church Community Services Board 24-hour emergency services at 703-573-5679; TTY: 703-207-7737 or for CSB Entry & Referral phone: 703-383-8500; TTY: 711

For additional information go to:

<http://www.fairfaxcounty.gov/csb/services/acute-care.htm>

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